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CAULIFLOWER SERVED IN DIFFERENT WAYS

Cauliflower is a good vegetable to choose for the Christmas or other special dinner. It's easy to prepare and it's one of the most aristocratic members of the cabbage family. Serve it plain, seasoned with salt and pepper and melted butter or dress it up with a tasty sauce.

The picture illustrates plain boiled cauliflower with a white sauce. A sprinkling of paprika pepper or chopped parsley would brighten it up and add to the flavor, and so would some cheese in the sauce as described in the recipe below from the Bureau of Home Economics, U.S. Department of Agriculture. On some exceptional occasion you might serve cauliflower with Hollandaise sauce, made of butter, egg yolks, and lemon juice. Some people like a tomato or Spanish sauce for a change. You can use the same sauces whether the head of cauliflower is left whole or broken apart. Or simply season the dish with melted butter, salt, and pepper.

Cauliflower au Gratin

1 medium-sized cauliflower	1/4 teaspoon salt
2 tablespoons flour	1/2 cup grated cheese
2 tablespoons butter or other fat	1 cup buttered crumbs
1 cup milk	

Select a close white head of cauliflower. Remove the green leaves, and retain the most tender ones to cook with the cauliflower. Break the head into flowerlets, and wash thoroughly in cold water. Drop the cauliflower into enough lightly salted boiling water to cover, leave the pan uncovered, and cook for about 15 minutes, or until tender. Like all of the cabbage family cauliflower contains sulphur compounds which cause it to turn reddish brown in color and become strong in flavor if overcooked or cooked with the lid on the saucepan.

Prepare a sauce of the flour, fat, milk and salt. Add the cheese and stir until melted. Place the cauliflower in a greased baking dish, pour over it the sauce, cover with the bread crumbs, bake for about 20 minutes in a moderate oven, or until the crumbs are golden brown, and serve from the dish.

When plain boiled cauliflower is left over it is excellent in any vegetable salad. Try it with strips of pimiento for color and chopped celery for crispness, and if you grow your own cauliflower don't overlook its possibilities in both sweet and sour pickles.

